

FORGING THE FUTURE:



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Friday Facts information

Friday FACTS

26 March 1999

"Leadership, Partnership, and Championship"

World Health Day



WORLD HEALTH DAY -- APRIL 7, 1999

"Healthy Aging, Healthy Living -- Start Now!" is the theme in the United States for World Health Day, April 7, 1999. This day will focus on the health issues of older adults. In the United States, the proportion of adults aged greater than or equal to 65 years has tripled since 1900. During this same period, U.S. residents aged greater than or equal to 85 years have increased 31-fold. By 2030, when the last of the "baby-boom" generation reaches age 65 years, adults aged greater than or equal to 65 years will account for 20% of the U.S. population (1). Increased longevity reflects successes achieved by public health and medical care during the 20th century. Although the aging population poses substantial challenges, older persons can improve their quality of life substantially and delay disability by following healthful lifestyle strategies (2,3). Healthful lifestyle choices (e.g., regular physical activity, good nutrition, and avoidance of smoking and overuse of alcohol) are more important than genetic factors in contributing to healthy aging (2). These choices can help aging persons avoid deterioration and dependency. Moreover, it is almost never too late to adopt healthful lifestyle habits. To learn more, visit <http://www.who.int/whday/>

Physical Fitness & Injury Prevention PLAN OF THE DAY NOTES

are now available in the
Fitness section at:

<http://www-nehc.med.navy.mil/hp>



5 A DAY

This year's 5 A Day Theme is 5 Plus 5. 5 fruits and vegetable a Day plus exercise 5 times a week. One way to advertise is to



market with the use of the Graham Kerr's new Spring/Summer Do Yourself a Flavor CD with great 60 second soundbites on 5 A Day. Our website has a previous CD version on it so click and hear what it sounds like. Just select "**Nutrition**" from our offerings at <http://www-nehc.med.navy.mil/hp> NCI has distributed them to over 1300 radio stations throughout the country. Call your local station to see if they have received one and encourage them to use it. The U.S. Air Force is broadcasting them over their base stations and the response has been great.

Our next edition of Friday FACTS will be published 9 APR due to scheduling conflicts.



SEE NUTRITION RESOURCE UPDATES
Energy Bars...Grab & Go
Creatine Supplements: Are they Safe?
at <http://www-nehc.med.navy.mil/hp>



THANK YOU to all commands who submitted NECH Health Promotion Command Excellence Awards packages. If you submitted an awards package postmarked by the deadline, the POC listed on your cover sheet should have received an E-mail or Fax from Sally Vickers notifying you of our receipt of your package. If you have not, please e-mail Sally Vickers at vickerss@nehc.med.navy.mil

*A ship in harbor is safe, but that is
not what ships are built for.*

John A. Shedd

